



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Healthcare

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Meridian-Organ Correspondence KIDNEY

Organ / Meridian	Primary Correspondence	Secondary Correspondence
Kidney / (Yin)	Beardall: Lesser Yin	Paired Meridian: Bladder (Greater Yang)
Associated Glands	Adrenals	Adrenals (Chakra), Entire Endocrine System
Associated Body Parts	Ureters	Bones, Teeth, Ears/hearing Tooth Number 7, 8, 9, 10, 23, 24, 25, and 26
Element	Water	Aversion to Cold
Time of Day	5PM - 7PM	Sunset
Season	Winter	Cold, Ice, Frost Shivering, Chilled to the Bone
Emotion	Fear	Phobias, Terror, Overwhelm, Self-Isolation, Mistrust
Sense Organ	Ears	Sense of Hearing
Color	Blue (or black)	Blue/Black Color Under Eyes
Taste	Salty	Salt, Tamari, Miso, Pickled Vegetables, Seaweed
Sound	Groaning	Moaning, Humming, Yawning, Snoring
Smell (odor)	Putrid	Opposite of Sweet
AK Muscle	Psoas Major	Hip, Lower Back
CK Acupoint (and related)	GB37, LV4.2, GV2	
Functions	Filter Urine, Eliminate Toxins, Reabsorb Useful Liquid and Solutes	Fluid Balance, Blood Pressure Regulation
Dysfunctions	Edema, High Blood Pressure	Dark Circles under Eyes, Back Pain, Infertility
Chakra	Spleen (Svadhishthana), Chakra Sound "o" as in home	Orange, Authority, Sensuality, (Bach: Loneliness), Musical Note D , Pleasure
Spinal Level	Thoracic 11 (T11) Adrenals-Thoracic 9 (T9)	Lovett Relationship - Cervical 7 (C7) Adrenals-Thoracic 2 (T2)
Essential Oils	Fennel, Helichrysum, Idaho Tansey, Juniper, Lemongrass, Rosemary	Forgiveness, Hope, Stress Away, Surrender, Tranquil, Trauma Life, White Angelica